

# The Spa at Pinehurst



SOMEWHERE BETWEEN  
YOUR HEAD AND YOUR TOES  
LIES TOTAL PEACE OF MIND.

Realign your body, mind and spirit at The Spa at Pinehurst®, awarded Four-Star status by Mobil Travel Guide. Indulge yourself with a stimulating facial, an aromatherapy massage or refreshing body wrap. Or treat yourself to your own personal training session. Our extensive line of treatments, therapies and packages will help bring every inch of you into perfect balance.



Make a day of it and enjoy savings with one of these day packages. Gift cards are available online or at The Spa.

**GOLFER'S HOLE IN ONE** (allow 2 hours) \$210

- Pine Salt Scrub
- Golfer's Massage
- Bath Escape

**THE RELAXER** (allow 3 hours) \$250

- Bath Escape
- 50-Minute Pinehurst Signature Massage
- Magnolia Luxury Facial

**TRANQUILITY** (allow 3.5 hours) \$245

- Classic European Facial
- Ultimate Hydrating Manicure
- Ultimate Hydrating Pedicure

**STORK PACKAGE** (allow 4 hours) \$280

- 50-Minute Maternity Massage
- Eau Thermale Radiance Facial
- Spa Pedicure

Package includes a gift for the baby

**COUPLE'S ESCAPE PACKAGE** (allow 3 hours) \$470

- Individual Bath Escapes
- 50-Minute Classic European Facials
- 50-Minute Couple's Signature Massage

Enjoy private relaxation time together before, between and after treatments in our suite lounge. Facials and massages are performed side-by-side in our private candlelit couples treatment room.

**GENTLEMAN'S RETREAT PACKAGE** (allow 3.5 hours) \$290

- Gentleman's Facial
- 70-Minute Champion's Massage
- Sportsman's Pedicure

**PURE INDULGENCE**

(allow 5.5 hours) \$465

- Carolina Peach Nourisher Body Treatment
- Hot Stone Massage
- Ultimate Hydrating Facial
- Ultimate Hydrating Manicure
- Ultimate Hydrating Pedicure



Arrive as early as you wish prior to your scheduled appointments and stay as long as you like. You

may also order lunch or a light snack from our Spa Cuisine Menu, which will be served poolside or on the Veranda of The Spa (weather permitting, not included in packages). As a reminder, there is a 20% service charge added to all packages.

## SKIN CARE THERAPIES

### PINEHURST SIGNATURE FACIAL

Created exclusively for The Spa at Pinehurst by the Sothys Skin Institute, this treatment provides an immediate sensation of contouring action, specifically targeting the lower face and neck utilizing the Sothys Secrets product line. The ultimate “treatment journey” for non-invasive results focusing on anti-aging. (50 minutes) \$125

### CLASSIC EUROPEAN FACIAL

This complete facial is customized to an individual’s skin needs. Includes a thorough skin cleansing; steam with exfoliation; shoulder, neck and facial massage; and a soothing mask. May include extractions if needed. (50 minutes) \$110

### GENTLEMAN’S PINEHURST FACIAL

Expressly designed for men, this deeply relaxing facial includes skin cleansing, exfoliation and re-hydration. The nourishing cream is designed to help relieve razor burns and skin irritations. Experience also includes massage of the face, neck and shoulders. (50 minutes) \$110

### MAGNOLIA LUXURY FACIAL

This indigenous facial has all the benefits of a custom facial that includes a special warm-mitt hand and foot massage using an enchanting magnolia blended lotion. (50 minutes) \$110

### EYE CONTOUR TREATMENT

Add-on to most facials. Concentrates on the areas around the eyes to eliminate puffiness, relieve congestion, minimize fine lines and decrease dark circles. \$25

### MAKE-UP

Personal make-up lesson and application using our 100% natural mineral product line, La Bella Donna Minerals of New York. (50 minutes) \$85

## INTENSIVE FACIAL THERAPIES

### UPLIFTING VITAMIN C FACIAL

This stress-relieving treatment creates a sensation of a tropical oasis filled with mandarin and lemon aromatic essences. Your skin will receive the benefits of vitamins and essential oils in conjunction with a soothing massage. Includes gift of a 10-day serum. (30 minutes) \$85

### BOTANICAL EXTRACT FACIAL

Using concentrated plant extracts and essential oils, this innovative facial normalizes oil secretion, removes impurities, minimizes acne-causing bacteria and hydrates without the use of astringent-based ingredients. (50 minutes) \$125



### ULTIMATE HYDRATING FACIAL

This delightful and relaxing treatment actually teaches your skin to auto-regulate its water balance. Skin softness is restored for a more youthful appearance. A thirst-quenching mask and silk-textured serums indulge and caress your skin. (50 minutes) \$125

### EAU THERMALE RADIANCE FACIAL

Unveil your skin’s radiance as healing waters drench and AHA’s gently slough off dead skin cells. Layers of water therapy complimented by masks and serums result in a revitalized and brightened complexion. (50 minutes) \$125

### DETOXIFYING FACIAL FOR MEN

Begins with a pre-relaxation massage of the face, neck, upper back and scalp, followed by a cleansing and anti-aging treatment with curative Vitamin C. It is designed to reduce the effects of sun, shaving and stress. (50 minutes) \$125

### LIFT DEFENSE II AND FIRMING FACIAL

This five-phase comprehensive treatment restructures the skin from the inside out. Wrinkles are filled, skin is firmed, elasticity is restored and expression lines are softened. Powerful botanicals, a relaxing massage and a three-layer lifting mask ensure immediate and long-lasting results. (70 minutes) \$155

### STIMULATING OXYGENATING FACIAL

For environmentally stressed skin, this deep-cleansing treatment uses patented ingredients that increase the oxygen consumption of the skin cells and stimulate cellular activity. Following a detoxifying Moroccan Clay exfoliation, steam and extractions, the skin is revitalized with a vitamin enriched mask and a specialty lymph drainage massage using essential oils. (70 minutes) \$155

**PROFESSIONAL PEELING TREATMENT** – This double action exfoliation uses a combination of salicylic and glycolic acids to brighten and radiate the skin. Discuss with your esthetician, as this peel can be included in the duration of most facial treatments. \$45

### PROFESSIONAL WAXING

Lip, Chin, Brow or Underarm \$40\* or \$15 as an add-on, however, it is included in the duration of most facials.  
Bikini (American) \$65

\*Any facial waxing cannot be administered when having the professional peel treatment.

## BODY THERAPIES

### PINE SALT SCRUB

This invigorating full body exfoliation combats dry skin with pine salts and culminates with a hydrating finishing spritz. (30 minutes) \$70

### CAROLINA PEACH NOURISHER

A full body exfoliation with our customized peach and pecan scrub, followed by an application of our luxurious peach-scented shea and mango butter that leaves the skin calm, soothed and hydrated. (50 minutes) \$110

### HERBAL MINT JULEP WRAP

Uplifting and relaxing, this treatment stimulates circulation while purifying and toning the skin. A mint oil massage leaves the skin and body feeling refreshed and renewed. (50 minutes) \$110

### AROMA SOTHYS BODY TREATMENT

This signature Sothys body treatment is created to stimulate the senses with natural essential oils, specifically selected for their energizing and relaxing properties. The body is exfoliated with a soft cleansing loofah scrub, then a hydrating fluid is applied. Treatment concludes with a light massage using warm shea butter and essential oil complex. (50 minutes) \$125



### HOLLY BERRY BACK AND FOOT TREATMENT

Focusing on those “hard to reach” places, this complete exfoliation of the back and feet softens and polishes skin while a massage with holly berry lotion renews the spirit. A refreshing finishing spritz leaves skin soft and smooth. (50 minutes) \$110

### SCULPTING SEAGROVE CLAY WRAP

Treatment begins with a gentle dry-brush exfoliation of the entire body. An application of a warm red clay mask is applied, then the body is wrapped to detoxify. Treatment concludes with an application of moisturizing lotion. (50 minutes) \$110



### MAGNOLIA MUD WRAP

While the body is cocooned in warm linens, the natural properties of mud purify, moisturize and hydrate the skin. Treatment concludes with the application of magnolia lotion, which leaves the skin soft and glowing. (50 minutes) \$110

### EAU THERMALE RADIANCE BODY WRAP

Soften, energize and hydrate your body with the therapeutic healing waters from the City of Spa. The body is enveloped with gels, and velvety softening body moisturizers and minerals to provide wellness to quench thirsty skin. (70 minutes) \$155

### PINEHURST DELUXE

Made with sand from the Sandhills of North Carolina, this exfoliating pine cream treatment gently cleanses the skin. After an application of pine lotion, the body is wrapped to condition and moisturize dry or damaged skin. This treatment concludes with a light massage and refreshing spritz. (70 minutes) \$155



# MASSAGE THERAPIES

## PINEHURST SIGNATURE MASSAGE

A unique and highly personalized massage in which the massage therapist uses a variety of strokes and techniques that are customized to the guest's needs. Light to medium pressure is applied. (50 or 70 minutes) \$110, \$155

## DEEP TISSUE MASSAGE

This full body massage is designed to reach the deeper tissue structures of the body. Excellent for those who prefer direct deep pressure to relieve stress. Deep Tissue Massage is recommended only for those who receive massage on a regular basis. (50 or 70 minutes) \$130, \$175

## How to Receive a Massage

### ARRIVE EARLY

Get the most out of your spa visit by arriving with plenty of time before your massage so you can take advantage of the stream room, sauna or whirlpools.

### REFRESH AND RENEW

Start with a warm, soothing shower just before your massage and you'll not only be relaxed, you'll also wash off any salts, minerals or chemicals that could clog pores when mixed with massage oils.

### DRESS APPROPRIATELY

Slip into one of our luxurious terry cloth robes when you arrive so you'll be ready for your massage. You'll have access to a place where you can take your robe off and cover yourself in privacy. You'll also be draped with a sheet throughout the service.

### SPEAK UP

Talk to your therapist about any sensitivities or areas to be avoided before your massage begins. Also let the therapist know if you feel any discomfort. Communication is the key to getting the massage you want.

### ASK QUESTIONS

Our expert massage staff is devoted to giving you a massage tailored to your needs. Remember a deep therapeutic massage shouldn't cause you pain, so be sure to communicate with your therapist and allow him or her to "listen" to your body.

### LET IT GO

Take a deep breath and let the weight of the world drop off your shoulders. Allow yourself this time to relax, renew and soak in every drop of tranquility.

## HOT STONE MASSAGE

Utilizing stones combined with the art of massage and choice of essential oil blends, this treatment promotes deep relaxation, while relieving tense muscles. (50 or 70 minutes) \$130, \$175

## GOLFER'S MASSAGE

Targeting muscles specific to golfers, this massage eases tension and increases flexibility using a combination of stretching and light-to-medium sports massage pressure. (50 minutes) \$130

## MATERNITY MASSAGE

Designed especially for the expecting Mom utilizing a special pregnancy pillow for support and care during your massage. Treatment can be provided after your first trimester. (50 minutes) \$110

## REFLEXOLOGY

A hand massage is performed while linens steeped in our signature Pine Blend envelop the feet. Next, a massage stimulates reflex points on the feet, providing a soothing, yet energizing experience. (50 minutes) \$110

## FOOT REFRESHER

Perfect for those short on time or during your quick lunch break, as change of clothes is not required. Therapist can take you directly to a treatment room for thirty minutes of therapy on the most neglected part of your body, your feet! (30 minutes) \$70

## CHAMPION'S MASSAGE

After a round of golf, all champions feel the same pressure in their shoulders and feet, and nothing soothes better than the power of hot stones. For those feeling below par, this treatment provides a full body massage using light-to-medium pressure, hot stones used on the back and feet and a complete foot scrub. You will feel like your caddie carried you, too! (70 minutes) \$155

## AROMA-MASSAGE

Using pure, botanical essential oils, this massage combines the sense of smell with the healing power of touch. Your therapist will review the benefits of aromatherapy, and provide you a choice of essential oil blends to promote balance, harmony, energy, calm, or clarity. This tension-melting treatment includes a warm oil scalp treatment and light touch massage to relax the central nervous system. (70 minutes) \$155

## COUPLE'S MASSAGE

A decadent, side-by-side massage for two in the privacy and seclusion of your own treatment suite. Perfect for romantic getaways, or to escape from reality. (50 minutes) Signature-\$220 Hot Stone or Deep Tissue-\$260

You must be past your first trimester of pregnancy to receive a massage or body treatment.

# HYDROTHERAPIES

## BATH ESCAPES

Featuring a still water soaking bath or a jet action bathing experience in signature bath products, this therapy is designed to either calm, relax or invigorate. (30 minutes) \$40

**Calming:** Magnolia Bath  
**Relaxing:** Soothing Lavender Bath  
**Invigorating:** Ginger Bath

## NAIL THERAPIES

*All Nail Therapies are appropriate for men and women. To enhance the experience, we provide an iPod for the duration of the treatment. Treatments can be performed with the following products:*  
Relaxing Holly Berry • Invigorating Pine • Soothing Peach

## SPA MANICURE

This classic treatment includes a hand soak, cleaning, shaping and polishing of the nails. (30 minutes) \$40

## FRENCH MANICURE

All the benefit of a spa manicure with French polish application as the finishing touch. (30 minutes) \$55

## SPORTSMAN'S MANICURE

This treatment begins with an exfoliation, hand mask and massage of the hands using our Signature Pine Blend, followed by a cleaning and shaping of the cuticles and nails. (30 minutes) \$40

## ULTIMATE HYDRATING MANICURE

For the ultimate in hand and nail pampering, this treatment begins with a full exfoliation and massage of the hands and forearms, followed by a hand mask and concludes with a cleaning, shaping and polishing of the nails. (50 minutes) \$70

## SPA PEDICURE

This classic treatment begins with a soak in a warm whirlpool footbath, followed by a full exfoliation of the feet, and completed with shaping and polishing of the nails. (50 minutes) \$60

## SPA HOT STONE PEDICURE

Includes all the benefits of our classic spa pedicure. However, this treatment utilizes warm stones to massage your feet and lower legs. (50 minutes) \$70

## FRENCH PEDICURE

All the benefits of a spa pedicure with French polish application as the finishing touch. (50 minutes) \$75

## SPORTSMAN'S PEDICURE

Perfect after a round of golf or tennis. This traditional pedicure begins with soaking the feet in a warm whirlpool bath, followed by an exfoliation, foot mask and massage of the feet and ankles using our Signature Pine Blend. Concludes with a cleaning and shaping of the nails. (50 minutes) \$60

## ULTIMATE HYDRATING PEDICURE

Experience our most popular foot treatment. In this treatment the lower legs, feet and ankles are exfoliated and massaged. Afterwards, the feet are hydrated with a foot mask, and concludes with a cleaning, shaping and polishing of the nails. (70 minutes) \$90

## ADDITIONAL SERVICES

Polish Change - Hands \$25 - Feet \$45 • Nail Repair \$10 (per nail)

## HAIR THERAPIES

Gentleman's Mustache, Beard or Nape Trim \$25

Gentleman's Shampoo, Cut and Style *from* \$30

Shampoo, Set and Style *from* \$50

Shampoo, Blow-dry and Flat Iron (short/med. length hair) *from* \$45

Shampoo, Blow-dry and Flat Iron (long hair) *from* \$55

Shampoo, Blow-dry and Style (short/med. length hair) *from* \$35

Shampoo, Blow-dry and Style (long hair) *from* \$45

Shampoo, Cut and Style (short/medium length hair) *from* \$45

Shampoo, Cut and Style (long hair) *from* \$55

Intensive Hair/Scalp Treatment (50 minutes) \$65

Wedding or Special Event Hair Updo with Consultation *from* \$80

Special Occasion Hair Updo for Kids *from* \$40

Added to any hair service:

Foil Highlighting *from* \$75

Foil Highlighting and Low Lighting *from* \$90

Coloring/Retouch *from* \$55

## EXERCISE AND CONDITIONING

### GOLFER'S STRETCH

This service is perfect just prior to your round of golf. A certified degreed personal trainer will teach you a variety of stretches that will help you get loose prior to golfing. (30 minutes) \$70

### PERSONAL TRAINING SESSION

Tailored to each guest's needs, these treatments can focus on strength, flexibility, fat loss, endurance, relaxation or other specific training goals. (50 minutes) \$110

### YOGA OR PILATES

A private lesson for beginners to advanced students. Services are conducted on the private side lawn of the Spa under the whispering pines (weather permitting) or in a private room. (50 minutes) \$110

### BODY FAT ANALYSIS (added to any of the exercise services)

Designed to determine the current body fat percentage, lean body mass and ideal body weight. \$25

### GOLF CONDITIONING WORKOUT

Covering the basics of fundamental golf exercises, this workout improves flexibility, core strength and endurance. A personalized exercise prescription is also provided. (50 minutes) \$110

## WEDDING PACKAGES

### BRIDAL BOUQUET PACKAGE (FOR THE BRIDE-TO-BE) \$540

*Up to the week before the wedding:*

- Eyebrow Wax
- Classic European Facial
- Trial Complimentary Special Occasion Hairstyle and Make-Up Application (includes Veil and Tiara Fitting)

Additional Services:

- Bridal Make-up Application \$70
- Bridesmaid Make-up Application \$50

*Day before the wedding:*

- Relaxing 50-Minute Massage
- Ultimate Hydrating Manicure
- Ultimate Hydrating Pedicure

*Day of the wedding:*

- Special Occasion Hairstyle with Veil or Tiara
- Special Occasion Make-Up Application
- Gift for the Bride and Groom



### BRIDAL PARTY PACKAGE

*(\$210 per bridesmaid with a minimum of 4 guests)*

*Day before the wedding:*

- Spa Manicure
- Spa Pedicure

*Day of the wedding:*

- Special Occasion Hairstyle
- Special Occasion Make-Up Application
- Bridal Party Tray (assorted cheeses and crackers) in Private Seating Area

### THE GROOM-TO-BE PACKAGE \$300

*Up to the day before the wedding:*

- A Gentleman's Facial
- Pine Salt Body Scrub

*Day of the wedding:*

- Relaxing 50-Minute Massage
- Sportsman's Manicure

## KID SPA

*Share the healthful benefits of the Spa experience with your kids (age 6-11) with these specially designed treatments just for them. Kids check in at the Reception Desk in the Spa Grand Lobby. A parent or guardian must accompany children for the duration of their visit. Children under 12 are not allowed to use the private lounge areas, wet areas, fitness room or pool.*

*Pinehurst is committed to providing a safe environment for everyone. Therefore, persons age 17 and under ("minors") who receive closed door spa treatments must have a parent or an adult in the room for the duration of the service.*

### PINEHURST KID'S MASSAGE

A beautiful way to introduce your child to massage. This experience will help young spa-goers learn to deal with future stress or sports injuries. Bathing suit or underwear is required. (30 minutes) \$70

### PINEHURST KID'S FACIAL

A fun and educational primer for a lifetime of healthy skin. This facial includes a thorough cleansing and toning of the skin, a gentle mask with steam and a facial massage. There's no better way to introduce the basics of good skincare to your kids. (30 minutes) \$70

### TWINKLE TOES OR FANCY FINGERS

A peaches and berries version of our Spa Manicure and Pedicure. First, we soak little feet or hands in a peaches and berries bath, then we trim nails and apply the Peach "Butter" moisturizer. The final touch is an application of polish – you pick the color. (25 minutes each) Manicure \$30, Pedicure \$40

### KID'S CUTESY CUT (8 years of age and under only)

Snip and clip hair cut includes shampoo, cut and style. (short/ med. length hair) from \$25 (long hair) from \$35

### MOTHER AND DAUGHTER RE-TREAT PACKAGE

A day of pampering the two of you will never forget. Mom will enjoy a Vitamin C Facial, Spa Manicure and Spa Pedicure while daughter receives a Kid's Facial, Fancy Fingers Manicure and Twinkle Toes Pedicure. (allow 2 hours) \$290



## TEEN SPA

While away the afternoon in our exclusive Teen Spa Lounge. You and your friends can sample the hottest product trends in health and beauty, catch up over smoothies or just relax with the newest magazines. Designed for teens only (ages 12-17).

### TEEN MAKE-UP APPLICATION AND LESSON

Learn everything you need to know about make-up in one session. Our make-up artist will teach you how to moderately apply make-up that will enhance your natural beauty. (30 minutes) \$45

### TEEN TUNE-UP

A one-on-one session with a certified personal trainer. This session will educate you on strength training, flexibility and cardiovascular conditioning. Complete with a personalized exercise program. (30 minutes) \$65

### TOTAL TEEN FACIAL

Deep cleansing, toning, steam, mask, extractions and a facial massage in less than an hour. Our staff will teach you about home care routines that help produce clearer, healthier skin. Designed to accommodate all skin types. (50 minutes) \$110

### TEEN TIME-OUT SPA PACKAGE

The perfect package for the perfect teen. Includes a 50-minute Pinehurst Signature Massage, the Total Teen Facial and a Teen Make-Up Application. (allow 2.5 hours) \$260

### MOTHER AND DAUGHTER TEEN RE-TREAT PACKAGE

Enjoy a day of Spa pampering together. Mom will receive a Magnolia Luxury Facial, Spa Manicure and Spa Pedicure while you will bask in a Total Teen Facial, Spa Manicure and Spa Pedicure. (allow 2.5 hours) \$395



### FRIENDS ALWAYS AND FOREVER

This package is designed for a group of teens to enjoy a fabulous day at the Spa together. Perfect for a birthday celebration, prom day or any other special occasion. Bring a camera and the Spa staff will capture your special moment forever. Package includes a Total Teen Facial, Spa Manicure, Spa Pedicure and Make-Up Application. Lunch can be pre-ordered and served poolside or on the veranda of the Spa.\* (allow 3 hours) \$210 per person

*\*You may also choose from our salon hair services if you would like to add an updo, style or highlights for your special occasion. Lunch is not included in the cost of the package.*

All Spa guests over the age of 12 are welcome to enjoy our complete menu of massage, facial, waxing and/or salon services.

## SPA GUIDELINES



### SPA ADMISSION

The Spa is accessible to resort guests and non-resort guests. Adjacent to the historic Carolina hotel, the Spa is just a short walk from other Pinehurst accommodations and the Village.

The Spa at Pinehurst is a relaxing and tranquil experience. Teen services are available for young adults ages 12-17. We also offer limited services for kids ages 6-11. Children under the age of 12 are not allowed to use the private lounge areas, wet areas, fitness room or pool. Pinehurst is committed to providing a safe environment for everyone. Therefore, persons age 17 and under ("minors") who receive closed door spa treatments must have a parent or an adult in the room for the duration of the service.

### SPA FACILITY USE

Use of Spa facilities (includes private lounge areas, steam/sauna rooms, lap pool, whirlpools, lockers, showers and amenities) is complimentary for all spa guests on their day of treatments. Spa facility use without a treatment is available for a daily fee of \$40 per person per day for resort guests. Use of the Fitness Facility is complimentary to resort guests (16 years of age and older) only.

### SCHEDULING AN APPOINTMENT

Spa and Salon appointments may be scheduled at the Spa Reception Desk or by calling 910.235.8320, between the hours of 8 a.m. and 8 p.m. Please schedule your desired appointments well in advance to ensure your booking. We require a major credit card or hotel room number and telephone number to confirm your appointments. Reservations are subject to availability. The Spa may not be available to non-resort guests during peak periods, weekends and holidays.

If you are already a resort guest, simply press the Spa button on your room telephone. We welcome "spur of the moment" requests and will do our best to accommodate you based on availability. All prices, services and hours of operation are subject to change. Prices will be confirmed at the time of reservation and/or upon registration. Treatments in Overnight Spa packages are non-transferrable.

# SPA GUIDELINES

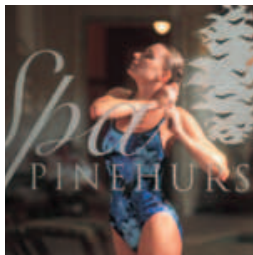
## SERVICE CHARGE

For your convenience, a 20% service fee is added to all services and packages. This fee is distributed to all service providers, receptionists and locker/pool attendants. Gratuities in addition to the service fee are at your discretion and appreciated by the staff for outstanding service.

## Spa Etiquette

**QUIET ETIQUETTE** People come to Spas to seek quiet and escape stress. Refrain from loud conversation and laughter. Cell-phones are strictly prohibited and not tolerated. The sound of silence is greatly appreciated!

**ARRIVAL TIME** To allow time to change and begin your relaxation in our private lounge areas with a shower, steam, sauna or whirlpool, please arrive 30 minutes prior to your scheduled Spa service. To ensure all guests receive their full treatment, we will do our best to accommodate late arrivals, but we cannot guarantee service to guests arriving 15 or more minutes after their scheduled appointment time. Individuals having only a hair appointment may arrive 5-10 minutes early.



**MANDATORY RESTRICTIONS** To preserve our tranquil environment, we are a pager, cell-phone, alcohol and smoke-free environment. This includes the front Veranda area, Salon and Grand Lobby. Cameras are also not allowed inside the Spa.

**RESCHEDULING OR CANCELING APPOINTMENTS** We require 24-hour's notice should you need to cancel or reschedule your appointment. Guests who fail to do so will be charged the full cost of the scheduled service.

## MEDICAL CONDITIONS AND WELL BEING

For your safety, please inform your reservationist at the time of booking if you are pregnant, have high blood pressure, heart ailments or any condition that may be contraindicated for massage, skin care or heat therapies. We highly discourage alcohol consumption prior to, during or immediately following Spa treatments. Please avoid immediate sun exposure following skin care therapies. Shaving before and after exfoliating treatments is also discouraged. Our staff is fully trained to assist guests with special needs, physical ailments or disabilities. You must be past your first trimester of pregnancy to receive a massage or body treatment.

## SPA ATTIRE

To ensure safety, proper fitness attire and closed-toe shoes are required to be worn in the fitness center. We also suggest you bring your swimsuit to enjoy the wet areas of the Spa. Complimentary use of robe, slippers and lockers is provided for all spa guests. Most guests prefer to fully undress for Spa treatments, as our staff is professionally trained in proper draping, designed to protect modesty and ensure comfort throughout your treatment. However, if you are more comfortable, you may wear undergarments for your treatment. Disposable undergarments are also available upon request. We also provide an exquisite array of personal care products for your complimentary use.

## VALUABLES AND PERSONAL POSSESSIONS

Please do not bring jewelry or other valuables to the Spa. We request that you leave valuables in your in-room safe or in one of the safes provided at the Spa front desk. Unfortunately, we are unable to replace or pay for valuables that are lost or left at the Spa.

## SPA CUISINE

If you are planning to spend the day, please leave enough time between your appointments to enjoy lunch or a light snack, which you can pre-order from our Spa cuisine menu. Lunch is served poolside or on the outside Veranda of the Spa (weather permitting). We offer complimentary beverage bars with light fruit snacks and complimentary smoothies. You can place your order upon arrival at the reception desk or with one of our Spa attendants.

## SPA GROUP COORDINATOR

For your convenience, The Spa offers a personal group coordinator – one point of contact to schedule spa appointments and spa cuisine for resort and non-resort groups, and for special occasion wedding parties or birthdays. Call 910.235.8301.

## SPA GIFT CARDS

Gift cards for all occasions throughout the year are available at the Spa reception desk, in the Spa retail shop or online.

## SPA RETAIL SHOP

Take the Spa experience home with you. All Spa treatment products are available in our shop along with spa accessories, spa gift items and spa apparel. You may also order online if you prefer.



## SPA WORKSHOPS AND GROUP PROGRAMS

*The Spa at Pinehurst is delighted that you have chosen Pinehurst Resort as the location for your meeting. These workshops and services are a perfect way to bring a sense of relaxation, well-being, and balance to your meeting participants.*

### “RELAXING” REGISTRATION

Our elite massage therapist staff will provide relaxing chair massages at your registration desk or any of your Group Functions. Using expert touch on the back and shoulder areas, our therapists set the tone with a five-minute massage for each guest. A perfect welcome for your meeting attendees. *(60 minutes per chair) \$165*

### “AWAKEN” STRETCH BREAK

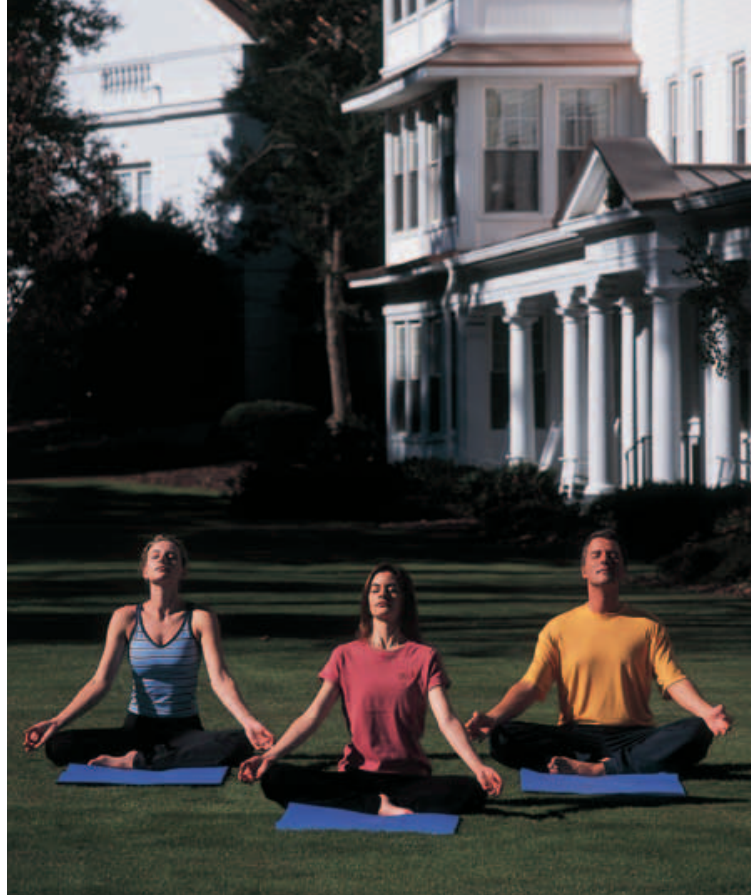
Unwind during a stressful meeting by inviting our professional instructors to lead the group in a 15-minute deep breathing and stretching session. These techniques will diminish the intense environment and awaken the mind before or during the meeting. *\$65*

### “LA BELLA DONNA” MINERAL MAKE-UP WORKSHOP

Alluring Eyes, Luscious Lips, Perfect Eyebrows and the 5-minute “at-home” makeover!! This Workshop covers all the basics with our La Bella Donna Mineral Makeup line, “Healthy Minerals that are truly good for your skin”. All attendees receive a complimentary “mineral make-up dusting” with the Make-up Artist at the conclusion of the Workshop. *Fewer than 10 \$300, 10-19 \$400, 20 or more \$500 (max of 30) – allow 2 hours.*

### “A STEP BACK IN TIME” AROMATHERAPY WORKSHOP

Aromas reach deep into our minds, bringing back memories of people, places, and emotions. Come and explore the healing art of aromatherapy to renew and refresh, calm or energize. While attending this creative workshop you will be able to mix your own blend of oils or salts to capture your senses as your “take home” experience. *Fewer than 10 - \$300, 10 -19 - \$400, 20 or more - \$500 (maximum of 30).*



### HOT AND HEALTHY GROUP YOGA

Power, Strength, Balance! Hot yoga has been proven to promote weight loss, strengthen and tone muscles, relieve stress and improve posture and energy. Why the heat? The heat is on to warm your joints and muscles, making them more flexible and less prone to injury. Heat also helps “feed” the muscles by increasing circulation. Yes, you will sweat, thereby removing toxins from your body and promoting glowing healthy skin. *Fewer than 10 \$300, 10-19 \$400, 20 or more \$500 (max of 30) – allow 2 hours.*

*The Hot Yoga Studio is a 3 minute Resort Shuttle ride to the Olmsted Village Camellia Parke location*

### TRADITIONAL YOGA

Allow your group to partake in low-impact fitness that revitalizes the mind, body, and soul. Our professional instructor will lead your participants through a series of breathing exercises, stretches and meditation, leaving attendees feeling rejuvenated and peaceful. *Fewer than 5 - \$160, 6-10 - \$210, more than 10 split into two groups.*

### PILATES

Allow your group to tone and sculpt their bodies by a low-intensity, calorie-burning workout. Our fitness instructor will guide them using dynamic sequences and controlled movements that will leave the group feeling full of energy. *Fewer than 5 - \$160, 6-10 - \$210, more than 10 split into two groups.*



One Carolina Vista Drive  
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